

ProCare Rx

Overcoming Roadblocks

Let's turn knowledge into action!



IT IS TIME FOR ACTION

1. Lack of Deep Emotional Connection to the Goal

Why do I really want to lose weight?

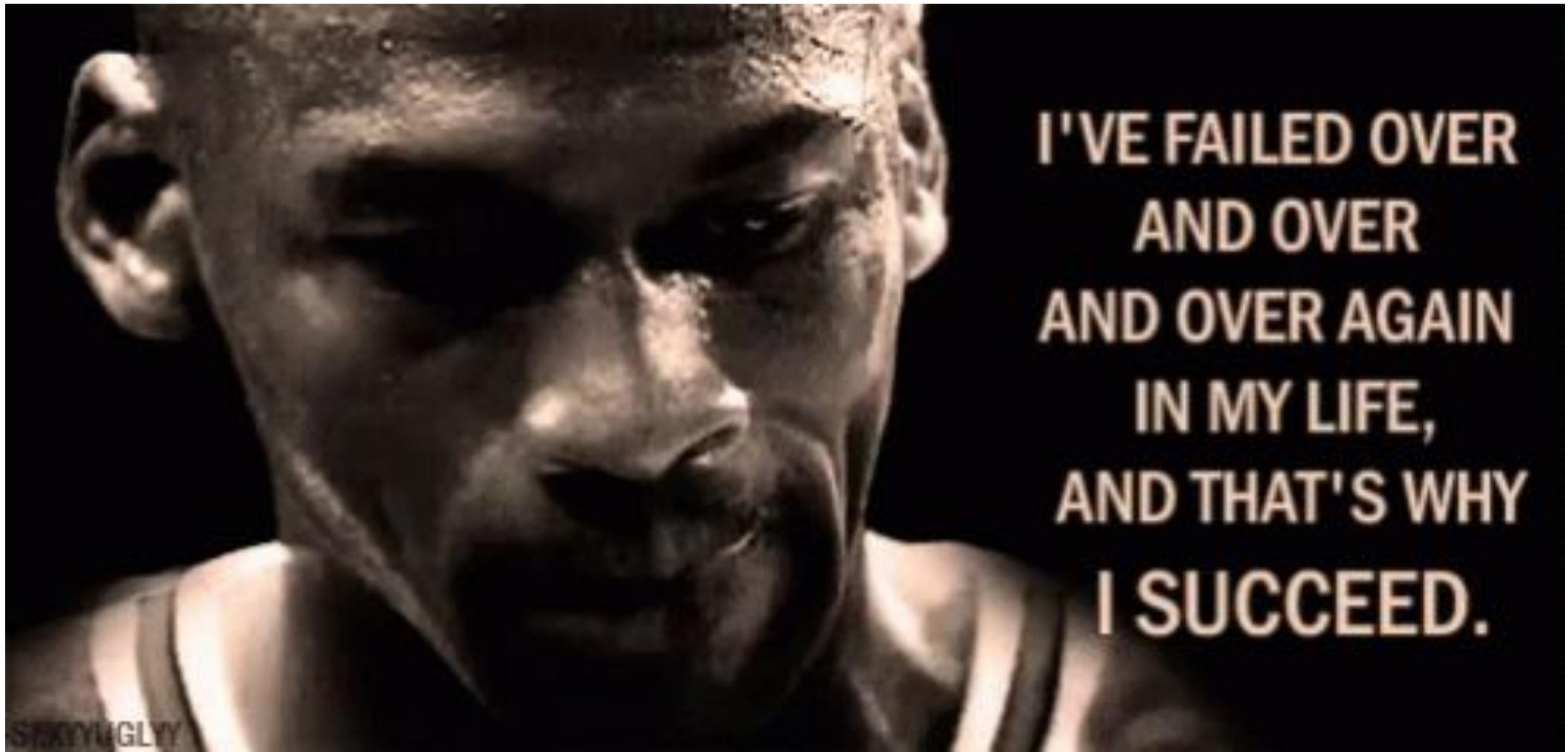


Action Step: Write your 'Why Statement'—a powerful, emotional reason that truly resonates with you.

Put it somewhere visible (your phone's lock screen, bathroom mirror, or fridge)."

2. Fear of Failure (or Success)

Failure is just feedback. Every setback teaches you something. Instead of seeing failure as the end, treat it as part of the process.



I'VE FAILED OVER
AND OVER
AND OVER AGAIN
IN MY LIFE,
AND THAT'S WHY
I SUCCEED.

Action Step:

Write down 3 lessons you've learned from past failures and how you'll use them to move forward.

Be honest with yourself!

3. Cognitive Overload & Decision Paralysis

Pick ONE small habit to focus on—just one. Too many options cause paralysis.



Action Step: Choose ONE thing to improve this week.

It could be drinking more water, adding 10 minutes of walking daily, or swapping out soda for water. Let's keep it simple.

4. Deeply Rooted Habits & Identity Conflict

You are what you think you are!



Action Step:

Action Step: Start saying, 'I am a healthy person making better choices.'

Your brain follows what you repeatedly tell it. Track small wins to prove it to yourself.

5. Subconscious Self-Sabotage

Who would you be if you lose weight?



Action Step:

Journal this: What do I fear about weight loss?

Once you see it written out, you can start addressing it logically.

6. Lack of Immediate Reward

Action Step: Instead of focusing only on the scale, track:



How much energy you have?



How your clothes fit?



Your strength gains

7. Low Energy & Stress

On what are you using most of your energy?



THIS IS HOW I FEEL NOW

Action Step:

Tonight, set an alarm for 30 minutes earlier than usual and commit to winding down with no screens.

Better sleep = more energy for action.

8. Accountability Without Ownership

Why do you accomplish the things that you do every day on your own?

Action Step: Check in with yourself every Sunday night. Ask:

‘What went well?’

‘What could I improve?’

‘What’s one thing I’ll do differently next week?’

Make self-accountability a habit."





No Simple Plan with Small Wins

Action Step: Pick the easiest possible habit to start today. Here are some options:

- Drink an extra glass of water.
- Add 5 minutes of movement to your day.
- Eat one more serving of vegetables.

Master one habit before adding another."



Lack of a Trigger for Real Change

Action Step: Set a challenge with a deadline. Sign up for a 5K. Book a photoshoot. Bet money on your progress with a friend. Make it real so you can't back out."





NO ONE IS COMING TO SAVE YOU

This is your journey. Nobody is coming to save you. You have to take the first step. **Not tomorrow. Today.**



Pick one action step from today's session and start NOW. Type it in the chat or write it down. Accountability starts here.



What's your first step? Let's go!"

